Behavior Types: Passive, Aggressive, Passive-aggressive or Assertive

looks like this: Passive behavior

others, not saying going along with easygoing. "no" or being overly

stress, resentment, others disregarding your Passive behavior can victimization or a desire seething anger, feelings of needs and/or wants, result in the following:



better: Why assertive behavior is

by standing up for yourself. avoid much internal conflict be considered. You will Your needs and wants will

threatened even make others feel intimidate others or It may humiliate or righteous, or superior. bully-like, selflooks like this: Aggressive behavior



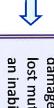
result in the following: result. choose to oppose you as a respect. Some may loss of trust and mutual Aggressive behavior can



better: Why assertive behavior is

assertive behavior. communication through respect and improve You can actually earn others'

saying yes when you complaining, or sarcastic or behavior looks like this: Passive-aggressive negative actions and want to say no, being



goals. behavior can result in the Passive-aggressive an inability to accomplish lost mutual respect, and damaged relationships, following:



considered. More workers Why assertive behavior is better: gain self-confidence and selfdevelop honest relationships, experience job satisfaction. Many The needs of each individual are